

Resiliency Stand Down

Jan. 27, 2012

Resiliency Stand Down

- *IS...*

Dedicated time given to build relationships and skills needed to cope with stressors.

- *is NOT...*

a day OFF

*catch up time for e-mail, taskers, etc
squadron / office clean-up time*

Wing-sponsored Events

- *Field House (1030-1630)*
 - *Shuttle service from lower STRATCOM parking lot*
- *Information Fair*
 - *15+ base support services*
 - *Need to know this information for yourself AND your friends*
 - *Supervisors need to know what is available for their Airmen*

Wing-sponsored Events

- *Field House (1030-1630)*
 - *Shuttle service from lower STRATCOM parking lot*
- *Sports Tournaments*
 - *Individual / Team Sports*
 - *Basketball, Racquetball, more...*
 - *Call 294-0644 / 294-8010 to sign up*

Workshops

- ***Financial***

“Black and Green Does Not Equal Red”

- ***Spiritual***

“Help I’ve Fallen and I CAN Get Up!”

- ***Relationships***

“The Five Love Languages”

- ***Resiliency***

“Resiliency Revealed: It’s not magic...”

Workshops

- **Financial**

“Black and Green Does Not Equal Red”

- **Capehart Theater**

- **1030, 1230, and 1430**

- *Financial goal-setting and how to do it smartly... making a dream into a goal.*
- *Creating a spending plan and how to understand that the plan is a living document. Then, what does one do to make it work.*
- *How one can adjust when “stuff” happens. How do we look forward to prepare for the good and bad things that will happen in our financial lives?*
- *Facilitated by Mr. Michael Dunn*

Workshops

- ***Spiritual***

“Help I’ve Fallen and I CAN Get Up!”

- ***SAC Chapel***

- ***1030, 1230, and 1430***

- *50 min on building spiritual resilience into one’s life and how this approach can serve as a critical foundation for bouncing back from life’s challenges.*

- ***Followed by “Dogs & Drinks”***

- *Chaplains & Chaplain Assistants will use time to interact as a means of building valuable connections with Airmen.*

- *Facilitated by Maj Kim L. Bowen*

- *If able, please call ahead with headcount so they can cook enough hot dogs, 294-6244*

Workshops

- ***Relationships***

- “The Five Love Languages”***

- ***55 OSS Auditorium (Bldg 464)***

- ***1130, 1330, and 1530***

- ***Each person expresses and receives love through one of the five different communication styles. As adults we need to know what style speaks to our partner and use it effectively to communicate our love.***

- ***Facilitated by Mr. Ken Komyathy***

Workshops

- ***Resiliency***

“Resiliency Revealed: It’s not magic...”

- ***Bennie Davis Maintenance Facility Auditorium***

- ***1130, 1330, and 1530***

- ***In the last decade Psychology has made the study of brilliance, success and growth in the face of trauma a focus of study and scientific exploration. This information reveals that greater resilience is learned, it can be developed and the skills that do so also result in a better quality of life.***

- ***Discover key factors that lead to resilience***

- ***Learn specific skills to improve resilience and quality of life***

- ***Facilitated by Capt James Resch and Mr. Dale Sunderman***

Brig Gen Bacon's Resiliency Video

<https://offutt.eim.acc.af.mil/55thWing/Misc/Forms/AllItems.aspx>